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You Can Have it All A Simple Guide to a Joyful and Abundant Life, Arnold M. Patent, Jan 1, 1997, Self-Help, 212 pages. Stating that support and happiness are natural occurrences, a guide to living a joyful life presents the Universal Principals--the laws that govern all relationships

The Messages Workbook Powerful Strategies for Effective Communication at Work & Home, Martha Davis, Kim Paleg, PH.D., Patrick Fanning, Nov 1, 2004, , 232 pages. This self-help workbook provides a personalized program for effective communication in specific areas of life at work and at home, including bridging the gender gap, managing

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A Guide to the Good Life: The Ancient Art of Stoic Joy , William B. Irvine, Oct 7, 2008, Religion, 336 pages. One of the great fears many of us face is that despite all our effort and striving, we will discover at the end that we have wasted our life. In A Guide to the Good Life

Centering and the art of intimacy handbook a new psychology of close relationships, Gay Hendricks, Kathlyn Hendricks, 1993, Family & Relationships, 192 pages. With this enlightening book, readers can conquer the most common obstacles to satisfying love--the twin fears of aloneness and closeness. The keys to surmounting these fears

Yoga The Spirit And Practice Of Moving Into Stillness , Erich Schiffmann, Dec 1, 1996, Family & Relationships, 384 pages. Discusses both the physical and spiritual aspects of yoga and includes meditation exercises.

Self-Help, Inc. : Makeover Culture in American Life Makeover Culture in American Life, Micki McGee Department of Sociology and Anthropology Fordham University, Sep 8, 2005, Self-Help, 304 pages. Why doesn't self-help help? Millions of people turn to self-improvement when they find that their lives aren't working out quite as they had imagined. The market for self

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Travel Therapy Where Do You Need to Go?, Karen Schaler, 2009, Travel, 247 pages. For some, the only way to get over a break-up is to keep moving; for others, the only solace is a spa vacation. Tired of the same old routine, one woman might opt for a trip

A Return to Love Reflections on the Principles of A Course in Miracles, Marianne Williamson, Oct 13, 2009, Psychology, 336 pages. Back by popular demand -- and newly updated by the author -- the mega-bestselling spiritual guide in which Marianne Williamson shares her reflections on A Course in Miracles

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